

# Beef and Rice Casserole

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain regular	15 oz	1 1/2 cups	1 lb 14 oz	3 cups	<b>1.</b> Add 7 ½ oz (¾ cup) rice and 1 ½ cups water to each half-steamtable pan (12" x 10" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover.  <b>2.</b> Bake: Conventional oven: 350° F for 25-30 minutes.  <b>3.</b> Brown ground beef. Drain. Continue immediately.  <b>4.</b> Add onions, peppers, and celery to ground beef and sauté for 5 minutes or until onions are translucent.
Water		3 cups		1 qt 2 cups	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		
*Fresh onions, chopped	7 oz	1 1/4 cups	14 oz	2 1/2 cups	
OR		OR	OR	OR	
Dehydrated onions		1/2 cup 2 Tbsp	2 1/2 oz	1 1/4 cups	
*Fresh green peppers, 1/4" diced	5 oz	1 cup	10 oz	2 cups	

Water		1 qt 1 cup		2 qt 2 cups	<b>5.</b> Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Catsup	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Canned tomato puree	1 lb	2 cups	2 lb	1 qt	
Honey		3 Tbsp		1/4 cup 2 Tbsp	
Chili powder		1 Tbsp		2 Tbsp	
Dried oregano		3/4 tsp		1 1/2 tsp	
Salt		3/4 tsp		1 1/2 tsp	
Ground black or white pepper		1/4 tsp		1/2 tsp	
Worcestershire sauce		1/4 cup		1/2 cup	
White vinegar		1/4 cup		1/2 cup	
Frozen mixed vegetables, thawed (optional)	1 lb	3 1/2 cups	2 lb	1 qt 3 cups	<b>6.</b> Distribute 8 oz (1 3/4 cups) of mixed vegetables (optional) over each pan of rice.  <b>7.</b> Top each pan with 3 lb 3 oz (1 qt 2 cups) of

8. Bake: Conventional oven: 375° F for 20 minutes. Convection oven: 350° F for 20 minutes. CCP: Heat to 165° F or higher.

9. CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Notes
* See Marketing Guide

Marketing Guide		
Food as Purchased for	24 Servings	24 Servings
Mature onions	8 oz	1 lb
Green peppers	7 oz	14 oz
Celery	9 oz	1 lb 2 oz

Serving	Yield	Volume
1 portion provides 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread.	<b>24 Servings:</b> 10 lb 1 oz  <b>48 Servings:</b> 20 lb 2 oz	<b>24 Servings:</b> 2 pans  <b>48 Servings:</b> 4 pans

Nutrients Per Serving					
Calories	225	Saturated Fat	3 g	Iron	2 mg
Protein	14 g	Cholesterol	40 mg	Calcium	28 mg
Carbohydrate	24 g	Vitamin A	543 IU	Sodium	387 mg
Total Fat	8 g	Vitamin C	9 mg	Dietary Fiber	1 g